

ABSTRACT OF THE DISCLOSURE

A mooring yoke and method for using same to connect or disconnect a shuttle vessel to a body, such as an LNG liquefaction and storage vessel (LNG/FPSO). The yoke is pivotably connected at one end to the LNG/FPSO. The other or tip end of the yoke includes
5 a buoyant element and a male connector element to be received in a female receiver element carried by the shuttle vessel. A tension element is arranged and designed to run through the male connector element and to be clamped on the shuttle vessel. A yoke windlass, alternatively mounted on the yoke or the LNG/FPSO pulls on the tension element thereby pulling the tip end of the yoke out of the sea and the male connector element into the female
10 receiver element. A locking mechanism selectively locks the male element to the female receiver.